



Chicken tikka masala

Serves: 4

Time

Preparation time 5 minutes

Cooking time 30 minutes



Ingredients

- low-calorie spray oil
- 1 onion, peeled and finely chopped
- 900g skinless chicken thigh fillets, fat removed and cut into chunks
- 1½ tablespoons tikka curry powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon chilli powder
- ½ teaspoon turmeric
- 2 garlic cloves, peeled and crushed
- 2 teaspoons finely grated ginger
- 400g (1 tin) chopped tomatoes
- 1 chicken stock cube (try to use low-salt) dissolved in 200ml boiling water
- 1 heaped tablespoon cornflour dissolved in a little cold water to make a paste

To serve

- 260g uncooked basmati rice
- 3 tablespoons (50g) natural low-fat yogurt
- 1 small handful chopped coriander



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Method

1. Place a large heavy bottomed saucepan over a high heat and spray well with oil. Add the chopped onion and fry for 5 minutes until soft.
2. Add the chicken pieces and keep stirring until sealed (if the chicken starts to stick add a little of the stock to the saucepan).
3. Measure the spices onto a small plate along with the crushed garlic and ginger, then scrape into the saucepan and stir fry for 1 minute before pouring in the chopped tomatoes and chicken stock.
4. Bring to the boil, then reduce the temperature to the lowest point and simmer (without the lid) for 20 minutes until the chicken is tender. Add the cornflour paste and stir until the sauce thickens.
5. While the curry is simmering, cook the rice following the packet instructions.
6. Just before serving the curry, stir in 3 tablespoons of low-fat natural yogurt and a small handful of chopped fresh coriander.

Tip

- This curry can be made a day or two before and reheated when needed.
- For a vegetarian alternative, substitute chicken for red peppers, mushrooms and chickpeas.

